

Viking Saga

NORTHWEST HIGH SCHOOL

GRAND ISLAND, NEBRASKA

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WSC: A four-hour drive to artistic success

AUDREY WISEMAN
EVENT COORDINATOR

Juniors Maddie Stratman, Lydia Vlcek, Audrey Wiseman and Anna Zentz were invited to bring their work to Wayne State College Tuesday, March 1, for an art show and contest in which the top three pieces received certificates bearing their name and the rank they earned.

CONTINUED ON PG. 5

Photo courtesy of Audrey Wiseman

Wiseman's piece was a chalk pastel portrait of her infant cousin Hudson and was titled "Hud-Bud," her affectionate nickname for him.



Paige and Rouzee to Retire

After their long careers, Paige and Rouzee plan to spend time with family after retirement.

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Homeschool

Freshman Evelyn Poland attends school from 8:00-12:00, but is homeschooled for the rest of the day.

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Tenacity of Track

Track members Trinity Brewer, Owen Harb and coach Brandon Harrington have high hopes for track.

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Wicked West

Kanye's struggles with his mental health do not make him "wicked," per se.

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Currencies of the digital world

VIKING SAGA

Northwest High School
2710 N. North Rd.
Grand Island, NE 68803
308.385.6394
www.ginorthwest.org

EDITOR-IN-CHIEF

Emelia Richling

ASSISTANT EDITOR

Emma Smith

BUSINESS MANAGER

Jaiya Braden

DISTRIBUTION MANAGER

Zoka Jenik

EVENT COORDINATOR

Audrey Wiseman

CONTENT ORGANIZERS

Melisa Kikic

REPORTER

Kat McIntosh

Casey Payne

ADVISER

Kirsten Gilliland

Emma Smith
Assistant Editor



Today, cryptocurrencies and NFTs are swarming the internet with

daily articles keeping people up-to-date on the latest surge in price or drop in the market. What isn't typically explained in these articles is what cryptocurrency or NFTs are?

Cryptocurrencies, also known as crypto, are digital forms of money that can be used in online purchases and sales or exchanged for cash. Some popular cryptocurrencies are Bitcoin, Ethereum and Dogecoin. NFT, which stands for non-fungible token, is a piece of media that is sold on the internet for money or traded for another NFT. When someone buys an NFT, they then have digital "ownership" over the piece of media. A popular NFT are the Bored Ape avatars, which are busts of monkeys, usually wearing outfits and/or accessories, drawn in the same style.

On the surface level, cryptocurrencies and NFTs seem like just another internet fad that will come and go, but with our digital world rapidly increasing, they may be around for the long haul. With this, there are some genuine concerns and risks that need to be addressed with our digital currencies.

Cryptocurrencies are most largely supported by those who invest into them and continue to use them. Crypto, like stocks, makes money when the market is good. If the market crashes, those who invested in crypto could lose everything. Crypto also is not monitored or controlled by any government, meaning while there is not anyone tracking or taxing money spent. There is no sure way to ensure one will get their money. Crypto is not recognized as a legal tender to the government. Going along with that thought, because of the lack of monitoring, crypto has become popular with the dark side of the internet. Dark web users use crypto to buy and sell illegal goods, which they are able to do with ease due to the lack of monitoring.

NFTs come with a whole set of separate problems. NFTs are pieces of media, which has led to artists having trouble protecting their artwork. Artists have been having their artwork stolen and resold by the NFT marketplace, which means these artists have to jump through legal hoops to try to get their artwork back and down from these NFT sites. NFTs are also being "farmed," meaning people are using tech

to collect and download NFTs to reproduce and sell. This takes a lot of memory and typically they need large hard drives to save these media. This leads to a large use of energy and has been found to be harmful to the environment. NFTs are also not monitored by the government, and due to them being digital, everyone has access to them, meaning anyone can download them.

With our ever-changing digital world, it seems digital currencies are on the rise, but is this a good thing? Should we rely on an untrustworthy and dangerous form of currency? Even though they open up new doors for international trading, cryptocurrencies and NFTs are not reliable enough for mainstream use.

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Any and all submissions must be signed to be considered for publication, and the editor reserves the right to edit or print any submissions.



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New literature class offered is not a Myth

KAT MCINTOSH
STAFF WRITER

This semester, Northwest began to offer a mythology class, taught by English and drama teacher Robert Collins. Mythology is a collection of myths, usually based on culture or religion. Northwest's mythology class is a literature heavy, semester-long class. Students relate popular series, such as "Percy Jackson", "Harry Potter" and Thor to Norse and Greek mythology.

"I think the Thor unit is going to end up being my favorite unit," Collins said, "...I love comic books, I'm a big comic book guy. Being able to kind of explore that with students and seeing the difference between Thor comic book-wise and Thor movie-wise is going to be nice."

There is a lot of reading and analyzing done but, depending on the student, this class can end up being something enjoyable from beginning to end.

"It is more of a literature-intensive class than a regular English class, so it is a lot more reading," Collins said.

While participating in Collins' class, you will do large amounts of reading, breaking down literature, comparing and contrasting, a big final project and presentations.

Said junior Cecily McGuan, "One of the first presentations, and I think it was supposed to be informational, but all of our presentations turned into a comedy show, it was hilarious."

According to Collins' students, Collins is the main reason behind students enjoyment of the new class and is the main reason behind its success.

"If you have had Collins, there is a lot of sarcasm but he is a really fun teacher and he makes class fun." McGuan said.

Because of the amount of passion for this topic from both the students and Collins, this class excels when it comes to informing and entertaining students.

"I would recommend it for any student who enjoys mythology or really enjoys really getting into books and kind of piecing them out." Collins said.

Those who have a passion for learning

and mythology have proven to excel and enjoy the mythology class the most out, despite the hard work that goes into it.

"And for those who just want to get knowledge," junior Brett Visnaw said.



Photo courtesy of Flickr

Building work ethic while getting educated

KAT MCINTOSH
STAFF WRITER

Balancing school and work can be challenge for anyone, let alone balance high school on top.

Working at Chipotle, being fast and friendly is a requirement and a passion for cooking would make this job a lot more enjoyable. Tuition assistance is offered, either 100% coverage for select degrees or up to \$5,250 per year. Chipotle also offers paid time off, holiday closure and free food each shift.

McDonald's employees, crew members and grill workers alike, are required to have a positive attitude, willingness to learn and grow, and the ability to work in a fast-paced, team-oriented environment. Connecting with customers and ensuring their satisfaction will better your skill level at McDonald's. Benefits include free meals on break, 30 percent discounts, paid time off, regular raises and a national

scholarship program.

Wendy's crew members are required to be willing to work long periods, work rotating shifts, including weekends and holidays and be able to lift, carry or push up to 50 pounds. Free beverages, meal discounts, paid holidays and vacation, free food when on duty, a flexible schedule and paid sick leave, which was extended with covid, are offered to all part-time employees.

Panera Bread employees are required to like the hustle of the hospitality industry and to be committed to health and food safety. Polite customer service skills play a huge part in working for Panera Bread. Benefits include competitive pay, free meals on shifts and career growth opportunities.

Good Samaritan Society values the possession of experience working in the food industry, an understanding of food safety and sanitation processes, the ability

to be on foot for the majority of the day and walk far distances. A few additional requirements are to provide outstanding customer service and effectively communicate with patrons and co-workers. Some benefits include dental and vision Insurance, company-matched retirement plan and Verizon and AT&T discounts, all available for part-time employees.

ZOKA JENIK
DISTRUBUTION MANAGER

After 37 years of teaching, Diane Rouzee has decided to retire and use the rest of her days to relax. With the contributions she gave to Northwest over the years and fun loving personality, she will be missed greatly.

"She's been very instrumental in a lot of things here at Northwest," said personal finance and business law teacher, Ann Purdy.

Over the years, Rouzee was responsible for decorating the hallways, the trophy displays and other things like the career fair.

These opportunities have given many students a chance to succeed and take opportunities they might not have had before.

Rouzee also puts in a lot of effort to make everyone feel comfortable, and welcome in Northwest. She isn't just focused on how you're doing in your classes either.

"She definitely just cares a lot, not

Rouzee's regal retirement

only about the learning environment you're in but just your life in general," said Senior Emily Schroeder. "I think she just created an environment of people who need to care about other people. She is very loving and motherly almost towards everyone and just wants to make sure that her students are doing well, not only in their classes but in their lives as well."

Many people said they would miss Rouzee when she retires; with how hard she works and her concern for others, it's not hard to see why.

"She has helped a lot of people throughout her career as both a teacher and a coach. You just don't spend 25 years with somebody and not miss that person" said Purdy.

However, the students and staff won't be the only ones missing something when Rouzee is gone.

"The people is the biggest thing, that's why I stayed at this place because of the

people, but I think I'm going to miss that the most," said Rouzee.

And her advice to incoming teachers? Do more than what's expected of you.

"That's something I wish that everybody would do, is just more than what they're expected to do," said Rouzee. "That was kind of another one of my goals, I wanted to be a good teammate, a good peer, a good teacher, but I also wanted to be good friends with other teachers and other coaches and make them better."

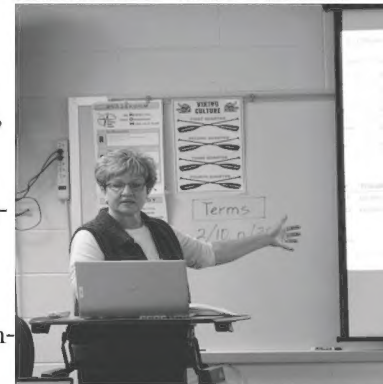


Photo courtesy of Blanca Diaz

Business teacher Diane Rouzee stands in front of her class to teach.

Computing a school without Paige

EMELIA RICHLING
EDITOR-IN-CHIEF

As the school year draws to a close, teachers have begun to forward to retirement. One of those teachers, Jeff Paige, instructs a variety of classes, including robotics, computer science and engineering. He also has added to his roster of accomplishments coaching football, wrestling, baseball and track for high school and junior high.

Paige began teaching 43 years ago because he enjoyed being in the classroom as a student and wanted to continue. During his career, he spent time in both Iowa and Nebraska. When he transitioned to Northwest over 20 years ago, he found a place he wanted to stick with.

"I love Northwest because it's big enough that it offers so many great opportunities, but it's small enough so that we feel like a family," Paige said.

School has not only been a learning ex-

perience for the students but also in teaching Paige how he can leave a positive impact on students' lives.

"Even some of the kids who were naughty in the classroom, I would see them years later, and they would tell me about how what I did for them was good," Paige said. "Being around those kinds of kids was great. And the teachers - I have worked with a lot of great teachers."

Former volleyball coach, current golf coach and business teacher Diane Rouzee has worked with Paige for 24 years. Through coaching, they attended clinics together and speak often in and outside of school, forming a unique friendship transcending decades.

"There's no one like Paige," Rouzee said. "He absolutely represents the spirit of NW. Somebody will take his place, but no one will fill his spot. He brings such incredible energy."

It is not only teachers who will feel the impact of Paige's retirement, but the students who take his classes too.

"He lets you work at your own pace, so he has helped to develop my work ethic quite a lot," said Marvin Garcia, a senior who has taken Robotics, Computer Science Principles and Computer Science Applications with Paige. "He's always a happy guy and in a good mood."

As Paige's teaching career comes to an end, he looks forward to spending time with family and pursuing opportunities beyond school, even if he may return to assist in coaching sports or working as a substitute teacher.



Photo courtesy of Lydia Vlcek

Information technology instructor Jeff Paige stands in his room by desks adorned with robotics equipment.

Hauling from home

CASEY PAYNE
STAFF WRITER

Freshman Evelyn Poland comes to Northwest sixth and seventh period. While two periods of hers take place here, the others are taken care of at home since she happens to be taught most of her studies there.

Evelyn has four different teachers at home that teach her the following subjects: Biology, Geometry, Latin, and Bible Literature/History. The positives in Poland's perspective of being homeschooled is that all of her classes are from a Biblical worldview.

Poland's life in homeschooling is different from her school life here.

"My first class is at 8 and they are 50 minutes each and I have a 10-minute break each class and I go 8:00-12:00," she explained.

Poland's plan for the rest of high school is to stay at NW until she graduates. Afterwards, she plans on going to college.

"I think it's [homeschooling] good if you apply yourself," Poland says.

She's involved in volleyball and soccer and came to NW for those sports opportunities. Along with sports, Poland is also involved in art, which is another reason she attends here.

Art teacher Beau Studley has been teaching Poland for two semesters and is glad to have her in his class. Studley and Poland were previously acquainted since Poland used to go to St. Libory, the school Studley's wife taught at. Poland attended St. Libory for only a couple classes during the day.

"She's doing awesome...She's a very talented student, and her hard work shows that," said Studley.

One of Poland's friends, freshman Kelsey Knapp, agrees.

"Her classes go all morning...I figured out they (students that do homeschooling) do a lot more than I thought they did."

"She's great," Studley says. The experience he's had with her has been the exact same way. Even while Poland's life is different from ours there are tons of similarities we can find.



Photo courtesy of Audrey Wiseman
Poland sketches in Beau Studley's art class.

WSC art day: A four-hour drive to artistic success

CONTINUED FROM PG. 1

Accompanying these four were juniors Kallie Cornelius, Eric Czaplewski, Maddie Hatch and Grace Papazian and sophomores Sophia Campbell and Ella Lorenz.

The group as a whole participated in art-related and educational activities, including a workshop of their choice, a campus tour and a Q & A panel with Wayne State College students. These workshops allowed students to make paintings, drawings, mixed-media projects and more.

"[The] purpose of this event is to provide an opportunity for high school students to see what Wayne State College has to offer and to tour their art department," said art teacher Beau Studley.

This was not the first time NW participated, as students have gone once before and planned to last year, but that trip was canceled due to COVID-19.

Approximately 55 other schools came to the event from all across the Midwest, including some from Iowa and South Dakota.

With so many schools in attendance,

it is estimated by the directors at WSC that around 217 pieces of art were submitted, but only about 75 made it into the art show according to Studley, including three from NW, although none placed. These included a painting of Freddie Mercury by Stratman, a pastel portrait of a baby by Wiseman and a painting of a bleeding skeleton by Zentz.

"It (the art show) was fun," Czaplewski said. "... The workshop was [also] fun. It was creative."

Students' favorites from the event were the art show and the workshops, and a few liked the tour.

"From the feedback that I got, not a lot of people enjoyed the panels," Studley said. "They thought that they (the panelists) were not as prepared as they probably should have been. For the most part, the tours went well, but everybody preferred the workshops a little bit more."

Most students in attendance could be heard throughout the campus expressing their excitement about the event.

"I think it went well," Papazian said. "There were definitely some pieces that de-

served to be there and it was cool to see [other people's] styles and mediums."



Photo courtesy of Audrey Wiseman
Cornelius and Hatch painted seascapes using unconventional items instead of brushes in their chosen workshop.

From batter's up to dancing queen

BY JAIYA BRADEN
BUSINESS MANAGER

To be a well-rounded individual, students are expected to not only perform at a satisfactory level in their academics, but also to excel in their extracurricular activities. These activities are everything from FBLA and Student Council to more athletic activities such as basketball and gymnastics.

Even if not participating in the sports offered through the school and not invested in the outcomes of games, everyone usually knows about the sports goings-on. However, a lot of people aren't just involved in school activities. Many find their teammates in an outside-of-school environment.

Senior Kristan Rinkol is involved in Student Council, FBLA and National Honor Society and dances at the Dance Company. Of those, the longest-lasting activity has been dance, which she has participated in for 16 years.

Rinkol knows many styles of dance including lyrical, tap, jazz, ballet, pointe and hip-hop. Her favorite style is lyrical because of the story-telling aspect. "With dance I've learned how to persevere and work hard," Rinkol said.

Senior Hailey Wilson is a part of esports, choir and CrossFit. CrossFit is "mostly just a preset workout so you don't have to look one up and do it yourself," Wilson said.

While not traditionally a competitive sport and more of a different gym experience, some people race to get done first and try to lift heavier weights than others.

Wilson is a part of CrossFit mainly because of her family's participation in it and because of the friendly environment. During

the school year, she only goes about once a week, but during the summer, she goes every day. "It helps me in my everyday life," Wilson said. "It makes me stronger and able to do things that I need to."

Junior Owen Bjerke runs cross country and track and also is a part of Fellowship of Christain Athletes, NHS and 14 Karat Gold. From March to July, he plays baseball for Doniphan Trumbull.

Bjerke plays starting pitcher and center fielder, which is his favorite position because of being able to throw people out and having his speed and judgment of the ball tested.

When comparing in and out-of-school sports, Wilson and Rinkol said the biggest difference between the two is the people. They enjoy meeting individuals from different schools with different backgrounds. Bjerke on the other hand said "the amount of practice" would be the biggest difference because "out of school, I only tend to practice baseball three times a week. In school, practice is every day after school."

Competitions are vastly different from in-school sports. Most people involved in school sports participate competitively on the weekends because of coaches and faculty trying to work around the school schedule. While out-of-school sport coaches try to take it into consideration for their participants' benefit, it is not always a priority.

Every season, Rinkol participates in about three competitions and the farthest they travel is Omaha or Council Bluffs. Most dance schools also have a recital near the end of the school year. Out of approximately 40 dances in the recital, Rinkol participates in about 15.

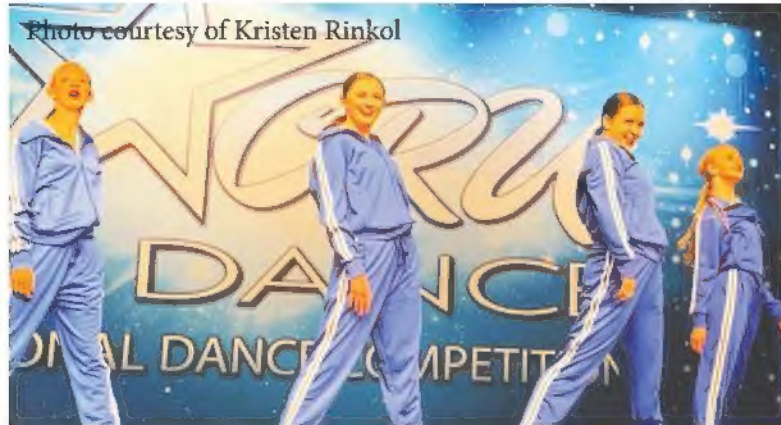
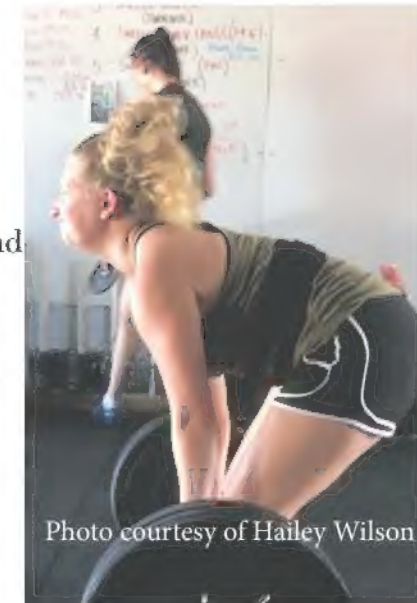


Photo courtesy of Kristen Rinkol
Kristan Rinkol dances for a dance competition with her teammates from the Dance Company.



Photo courtesy of Owen Bjerke
Owen Bjerke stands with teammates before a Doniphan Trumbull game.



Hailey Wilson
deadlifts 200
pounds.

Owen Bjerke
is the number 8 and the
next batter
for Doniphan
Trumbull.



Photo courtesy of Owen Bjerke



Photo courtesy of Kristen Rinkol
Kristan Rinkol dances with the Dance Company.



Photo courtesy of Grace Bremer
Grace Bremer is the next to bat at a late night softball game.

AUDREY WISEMAN
EVENT COORDINATOR

Track plans to stay on track

Track is a sport full of talent, triumphs, tribulations and plenty of tenacity. Three people know those sentiments well.

"It's been an Olympic sport since the very beginning, back in the ancient Roman times," said track coach Brandon Harrington. "There's ... a lot more specialization as far as events go."

Further specialization of events means more sports becoming part of track and more attention being drawn to pre-existing sports including pole-vaulting, running, shot and discus.

"I started competing in pole-vaulting because coach [Kevin] Stein encouraged me to do it, and then I really just fell in love with it," said senior pole-vaulter Trinity Brewer. "I love pole-vaulting, and I love how different it is from everything else."

Pole-vaulting occurs pretty early in competitions and practices and the team takes about an hour to warm up before starting.

Reality check

MELISA KIKIC
CONTENT MANAGER

Personal Finance, investing, time management, job hunting, vehicle buying, home maintenance— these are just some of the many lessons that can help prepare students for the realities of life after high school. Reality 101 is a semester-long class dedicated to teaching important life skills such as these to seniors before they graduate. This class will still be offered for one more semester next year after plans to end it; however, after that, the class may no longer be offered, depending on enrollment.

"Unfortunately, in recent semesters, the number of students taking the class has dropped," said Reality 101 teacher Lori Cooper. "As a result, it is no longer justifiable to have three to four teachers teach the class with lower numbers of students taking the class."

After being added to the curriculum for

"It takes the entire day because you just go through all of the different heights and you get up to three attempts at each height," Brewer said. "If I have extra time, [I like to] kind of just hang out in the tent and watch other people."

Track teams hold themselves and each other in high regard.

"[The] team's always good, they're always working together," said junior thrower Owen Harb. "I feel like we're going to have a real good team this year."

Track practices are not too different from competitions, but they lack the same stakes and are therefore not as hard on members of the sport.

"You know, [practice is] kind of lazy for me," Harb said. "I walk out there, I throw about 60 to 70 throws of each (shot and discus) and then I call 'er a day and go home."

Members of track, including their coaches, have high hopes for making it to districts and state this year.

"Hopefully, both teams (boys and girls) are in position to be close to winning a district

championship," Harrington said. "We always measure success by how we see the kids perform throughout the year and how many kids we think can qualify for the state meet."

Track's next meet will be on Monday, April 4, at 2:00 PM for the JV Invitational against Aquinas Catholic at Aquinas Catholic High School.



Photo courtesy of Rachel Brown and Hannah Julian

Track members always complete running warmups at practices.

the 2016-2017 school year, four teachers were assigned their own rotations of roughly 10-12 students. The teachers were Mrs. Rouzee, Mrs. Nelson, Mrs. Childers, and Mr. Koehn. Mrs. Childers was replaced by Mrs. Cooper after her retirement. Along with the previously mentioned topics, the class instructs students on a variety of topics such as budgeting, communication, relationships, car maintenance, and other basics for independent living.

"The idea is to give students a better understanding and to prepare them better for situations or circumstances that they're gonna run into when they get out of high school," said counselor Andrew Manhart. "This could be for students who are going into the military, into the workforce or going to college. It's all gonna be applicable."

Senior Isaiah Balcom, who is currently enrolled in Reality 101, said the class has been beneficial in teaching lessons on taxes, budgeting, and purchasing a car.

"I took it [Reality 101] because I didn't know how to do much stuff after I left high school, so I just wanted to get a crash course on everything," Isaiah said. "I think it should still be offered because it's very helpful."

Since Reality 101 is an opportunity for learning skills not often taught in other classes, students might have to find other ways to learn if it stops being offered. For students interested in learning similar things, Manhart recommends taking business, industrial tech, and FCS classes.

"I feel like it should still be offered," Cooper said. "The teachers teaching it at the very beginning felt like we should make it a required class for seniors. I think that's a very important fact that we should consider. It's too bad that maybe the promotion of the class was not encouraged more, but I feel it's very beneficial."

Must-watch thriller tells real-life story of fake heiress

April Issue
REVIEW 09

EMELIA RICHLING
EDITOR-IN-CHIEF

A meticulously dressed defendant sits in the courtroom, hands folded in lap and large glasses concealing narrowed eyes scanning the evidence laid out against her. However, the real story does not begin in the cramped courtroom but in the real world where the woman's enamoring personality captured the hearts of New York's elite long before she began to grace newspapers' front pages.

In Netflix's recently-released drama based on real events, a journalist investigates the life of Anna Delvey, a potential German heiress who swindles money from banks and friends. In an attempt to uncover whether she is a fraudulent con artist or a legitimate inheritor, the journalist discovers dark secrets while managing her own life's intricate details.

The series, composed of nine one-hour episodes, is thrilling from the first sighting of Delvey's enigmatic lifestyle to the final curtain fall. Vivian Kent, the journalist with a reputation on the line, dodges proper media protocols and guides the investigation by delving into

information Delvey has buried underneath the surface of New York's towering buildings.

Show writers did not exclude the power of supporting characters' stories, as they developed the lives of journalists, attorneys and Delvey's socialite companions. The enthralling side stories model what someone may experience if they split open the halls of New York offices. The secrets of their lives linger, prompting the viewer to continue watching.

Although the plot and storytelling are excellent, the unsuitable cast dampens the overall effect. Julia Garner's portrayal of Delvey is phenomenal with her nonchalant but intense demeanor, and Anna Chlumsky performs an equally riveting depiction of the desperate journalist. However, the portrayal of certain well-developed side characters lessens the impact of their stories. Specifically, the attorney played by Arian Moayed comes across in a stale, uninteresting way that had me struggling not to skip through his scenes.

To rescue and redeem the show, racing through the veins of the story is a prominent theme young people need to hear: the power of youth may be discarded, but the efforts

never are. From the moment the investigation begins, journalists paint Delvey as naive, but Kent knows Delvey is far more capable of fraud than others give her credit for.

As the plot plays out, discounting Delvey for her youth is an egregious error attorneys are forced to reckon with when the truth of her past is uncovered.

"Inventing Anna" is a must-watch for all, transcending boundaries of excellence and slight error to surpass expectations in a dynamic thriller of emotions that builds with every episode.



Source: Netflix

Wicked West or wickedly misunderstood?

MEGHAN PENNELL
STAFF WRITER

Kanye West has been in the public eye for years. From his first album release in 2004 to becoming one of the most influential figures in fashion, many have been following his revolutionary thinking for the past decade. Although this thinking has earned the producer over 20 Grammy awards, it has also earned him a fair share of complications.

West's first large-scale complication took place in 2009, when he stormed the stage after musician Beyoncé lost a Video Music Award to Taylor Swift. At the time, this seemed like silly celebrity drama, but revisiting this event on Nick Cannon's podcast in 2020, West claimed that "God told me to storm the stage."

In 2016, West canceled the remainder of his "Saint Pablo" tour, saying he was "exhausted." Shortly after this with consultation from his physician and management team, West was hospitalized. Slowly, he began to open up about his mental health through his music and

directly in interviews.

"When you're in this state, you're hyper-paranoid about everything, everyone," West told David Letterman in a 2018 interview. "This is my experience, other people have different experiences. Everyone now is an actor. Everything's a conspiracy. You feel the government is putting chips in your head. You feel you're being recorded."

Mental health has become a huge concern in America, and although huge strides have been made in destigmatizing and bringing awareness to these conditions, the work is far from over. This is obvious from looking at public perception of West, many writing him off as crazy, making fun of his "unexplainable" outburst and validating his delusions of grandeur for their own amusement.

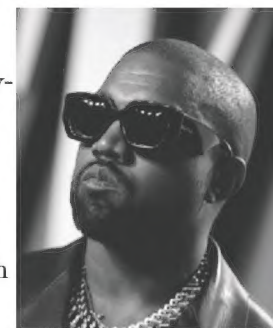
This does not mean every action by West, or any individual with mental illness, should be met with unconditional compassion. Throughout his short presidential campaign in 2020, West made many controversial statements, including that Harriet Tubman "never actually freed the slaves" and that "slavery was a choice."

"This is like a sprained brain, like having a sprained ankle," West said in the same interview with Letterman. "And if someone has a sprained ankle, you're not going to push on him more."

That being said, West has access to practically every resource in America.

Although mental illness can't be cured, it can be treated. West will live with bipolar disorder his entire life, but that does not mean he will never experience stability and is not accountable for his actions.

According to the National Institute of Mental Health, 82.9% of people with bipolar disorder had serious impairment, the highest percent serious impairment among mood disorders. If we are unable to recognize symptoms in our most prominent examples, how could we expect to recognize and understand those with severe mental illness in our lives?



Source: The Hollywood Reporter

CASEY PAYNE
STAFF WRITER

There are many popular foods in the world such as potato chips, donuts, ice cream, chicken tenders etc. However, that is in the world as a whole. What about schools?

According to schoolnutrition.org, 4.9 billion school lunches are served annually and according to harisschoolsolutions.com, the top two most popular items in school lunches are cheese pizza and fried foods. Is this the case at Northwest? In my opinion, no. Today the topic of discussion will be the five best foods in the NW cafeteria.

In the fifth spot is calzone. Calzones are very similar to a stromboli, but uses different cheese. A Calzone is an italian oven-baked folded pizza, which sounds delicious! However, it is nothing compared to the other food items listed in the following paragraphs.

In fourth place is mini corn dogs. Four mini corn dogs have 170 calories, says carbmanager.com, and overall are not considered healthy since they are fried food.

Ambitious Aries

ZOKA JENIK
DISTRUBUTION MANAGER

As the weather warms and rain begins to fall, spring brings a new sign out to play; Aries, the ram. For Aries, this month will be crucial in the balance between your social life and career. It will not be easy, but Aries will manage. Make sure you are not focusing all your energy on one thing and neglecting another. If you focus too much on work, you may not have the time to take care of yourself or hang out with your friends.

This time will be fruitful, especially for your love life. If you have a partner, you will be able to enjoy pleasant moments

Cafeteria Cravings

While this miniature food is delicious there will be even better on this list.

Next in the top three, we have nachos. The chips, meat and cheese all together are amazing but it is a perfect recipe for a stomach ache, especially if you are lactose-intolerant, which an estimated 12% of the population is, according to uab.edu. In second place is the spicy chicken sandwich. It has 380 calories, but is tasty nonetheless.

In the top spot is chicken nuggets. 73.36 million chicken nuggets are consumed each year according to [statista.com](https://www.statista.com/statistics/269222/consumption-of-chicken-nuggets-in-the-us/). No wonder it is in the top spot!



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- New lifeguards must take a lifeguard class. GI Parks & Recreation will provide a free training to all that need to become certified. For class information, contact Parks & Rec office at (308) 385-5444 ext. 290.
- Must be at least 15 years of age.

For more information & to apply visit www.grand-island.com/lifeauard.

with them. If you do not have a partner yet, you are likely to meet your soulmate very soon, romantic or platonic.

This month will also bring many opportunities for joy and happiness in your life. Make sure you do not miss those chances giving your attention to something else.

You will also have many occasions to rise in your career. A promotion or raise just may be coming your way! Keep your doors open and do not shut out new opportunities.

You also should be getting several financial gains this month, whether from a good investment or a clever deal you made. Either way, you'll be wheeling in some

more spending money. Make sure not to spend too much and save some for later.


If you want to prepare for an exciting career, Central Community College is a great place to start. Check out the career and technical education courses that we offer and ask about diploma and degree programs.


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- Construction Technology
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- Dental Hygiene
- Diesel Technology
- Drafting and Design Technology
- Early Childhood Education
- Electrical Technology


- Environmental Health and Safety Technician
- Health Information Management Services
- Health Services and Safety
- Heating, Air Conditioning and Refrigeration
- Heavy Equipment Operator Technology
- Hospitality Management and Culinary Arts
- Human Services
- Information Technology and Systems
- Library and Information Services
- Logistics


- Mathematics
- Media Arts
- Medical Assisting
- Medical Laboratory Technician
- Nursing
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Lennon Pfenning, 12

What surprised you most about high school?

"The amount of stuff that I did. I did a lot more than I expected."

What has been your favorite memory?

"Last semester during eSports, everyone on the team had their games at the same time, so, one by one, we all got excited about how each team was making it to state."

What kind of music do you like?

"A lot. Most of it stems from jazz."



Katie Weaver, 12

What surprised you most about high school?

"In middle school, they made it seem a lot harder than it really was."

What has been your favorite memory?

"Freshman year I scored a soccer goal for a varsity game, and everyone was really excited."

What kind of music do you like?

"A little bit of everything."



Trevon Buchanan, 12

What surprised you most about high school?

"Because I moved from Texas in the middle of it (high school), I was really surprised how small everything is. It's not an exaggeration, everything really is bigger in Texas."

What has been your favorite memory?

"When the wind ensemble played at the state capital last year."

What kind of music do you like?

"All, except country."



Levi Ottman, 11

What are you looking forward to in the coming weeks?

"Spring season in sports (track) and school getting out eventually."

What has surprised you most about high school?

"It's really different from what you see in movies."

What kind of music do you like?

"Hip-hop, especially Drake, Kanye and Jack Harlow."



Kenzie Rasmussen, 9

What are you looking forward to in the coming weeks?

"Definitely soccer season."

What has surprised you most about high school?

"I was worried about when I'd be able to go to the bathroom, but most teachers don't care when you go."

What kind of music do you like?

"Country, but not like radio country, like quirky country. Orville Peck is really good."



Cooper O'Connell, 10

What are you looking forward to in the coming weeks?

"Summer vacation and summer weather."

What has surprised you most about high school?

"Driving is not as scary as I thought it would be."

What kind of music do you like?

"A little bit of everything. Anything that's chill and more calm, I guess."

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